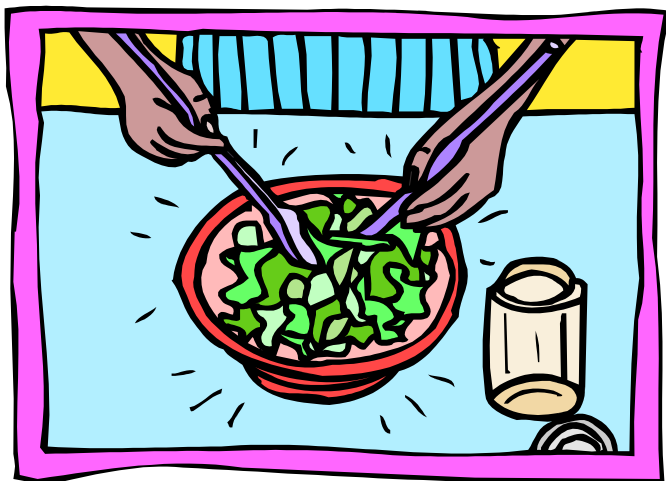

LET'S GET COOKING!



Suggestions for classroom cooking activities that are quick, healthy, and that children love to prepare and eat.
Appropriate for ages 3 and older.

CHILD CARE HEALTH PROGRAM
A Program of
Public Health – Seattle & King County



SHAKES, SMOOTHIES AND BEVERAGES

“Mock” Orange Julius®*

1 cup orange juice

1/4 cup milk

1/2 teaspoon vanilla.

Blend with 6 ice cubes and serve. Makes 2-3 servings.

* Requires a blender

So-Berry-Good Smoothies*

1 very ripe banana

3/4 cup pineapple juice

1/2 cup low-fat vanilla yogurt

1/2 cup strawberries until smooth.

Blend together. Makes 2 servings.

* Requires a blender

Sparkling Tutti Fruit Punch

1 quart orange juice or orange-pineapple juice

1/3 cup lemon juice

32 oz. bottle of club soda, mineral water or sparkling water

Ice cubes

Combine all ingredients in a large bowl. Decorate by adding ice cubes and garnish with pineapple and orange or lime wedges or slices. Makes 10-12 servings.

Huckleberry Hound “og”*

1 cup skim milk

1 cup low-fat boysenberry yogurt

1 cup apple juice

Blend all ingredients together until smooth. Makes 2 - 3 servings.

* Requires a blender

Chocolate Banana Berry*

1 pint strawberries, washed and sliced

1 banana, peeled

1/4 cup chocolate syrup

2 cups skim milk

Blend all ingredients together until smooth. Makes 4 servings.

- Requires a blender



WRAPS, TORTILLAS, SANDWICHES AND SPREADS

Tortilla Roll-ups: this activity allows children to create their own tortilla roll-up from ingredients provided. For each child you will need:

- 1 small flour tortilla
- 1 tablespoon softened, whipped cream cheese
- 1 slice turkey meat
- 1 piece washed lettuce
- 3 slices of tomato

Let each child build their tortilla roll-up by spreading cream cheese evenly over the top of the tortilla, then adding turkey, tomato slices and lettuce. It can be rolled up and eaten or sliced into pinwheels.

Pizza Tortilla*

- 2 soft flour white or whole wheat tortillas
- 1/4 cup prepared pizza sauce or canned tomato sauce
- 1/2 cup grated vegetables (carrots, onion, zucchini, mushrooms)
- 1/4 cup grated mozzarella cheese

Place the tortillas on a microwave safe plate. Divide and spread the sauce evening over the tortillas. Top with grated vegetables and cheese. Cook in microwave oven on high for 30 seconds until the cheese is melted. Cut in half. Serve warm. Makes 2 servings.

* Requires microwave oven. Use only cookware approved for microwave use.

Peanut Butter and Banana Roll-ups

- 1 banana
- 1 soft flour or whole wheat tortilla
- 2 tablespoons peanut butter or low-fat cream cheese for each child

Spread the tortilla with either peanut butter or cream cheese then place banana on top. Roll the tortilla around the banana, slice in half and eat. Makes 2 servings.

“Miniature” Cracker Sandwiches: For each serving use 2 saltine or reduced fat woven-wheat crackers as “bread”. Layer small slices of ham and cheddar cheese between the crackers. Makes a crunchy sandwich!

Pita Pocket Sandwiches:

1 pita pocket bread cut in 4 wedges

1/2 tablespoon hummus (see recipe below)

1/2 tablespoon yogurt mixture (see recipe below)

4 tomato slices

8 cucumber slices

Spread hummus and yogurt mixture in each pita wedge.

Add a slice of tomato and 2 slices of cucumber. Makes 4 servings.

Hummus*: One 15 oz. can garbanzo (chickpeas) beans (drained – save 1/4 cup of liquid), 1 clove garlic, 2 tablespoons lemon juice, 2 tablespoons olive oil, 1/4 teaspoon salt. Blend together all ingredients including 1/4 cup liquid from beans in a food processor until smooth. Serve with pita bread or raw vegetables as a dip.

Yogurt Mixture: Mix 1 cup plain low-fat yogurt, 1/4 teaspoon garlic powder and 1/4 teaspoon dill weed. Add salt and pepper to taste. Can serve with raw vegetables or with hummus spread.

* Requires food processor or blender



FANTASTIC FRUIT IDEAS

Fruit “Kabobs”: Cut a variety of colorful fruit into cubes. In the summer, use honeydew, cantaloupe, watermelon, peaches, papaya or mango. Give each child a plate of cut up fruit and a straw or coffee stirrer. Urge children to “thread” the fruit onto the straw or coffee stirrer which serves as a skewer.

Fruit and Dip: On a platter, arrange a variety of fruit, such as chunks of fresh pineapple, banana chunks, seedless grapes, oranges (peeled and sliced), red apple (cored and sliced), pitted prunes, pitted dates. Serve with a dipping sauce: 1 cup low-fat vanilla yogurt mixed with 1 cup chopped strawberries.

Fruit Salad: Cut up the following fruit: oranges, apples, bananas, kiwi. Add seedless grapes, blueberries, and strawberries if desired. Mix cut up fruit with 1 tablespoon lemon or orange juice to prevent browning. Combine fruit together and allow children to assist in mixing and serving themselves a bowl of fruit salad.

Fruit Parfaits

2 cups chopped pineapple

1 cup raspberries (fresh or thawed frozen)

1 cup low-fat vanilla yogurt

1 banana, peeled and sliced

Granola for topping

Layer fruit and yogurt in a clear plastic cup. Add granola topping.

Frosty Fruit*: Freeze 2 pounds of bananas or mangos, peeled and cut into chunks. Run partially frozen fruit through food processor. Serve immediately.

* Requires food processor or blender

VEGETABLES GALORE

Carrot Raisin Salad: grate a large carrot. Add 1 tablespoon raisins and 1 tablespoon low-fat vanilla yogurt. Mix together and chill. Each child can prepare their own salad and place in a cup with their name on it.

Black Bean Dip

1 can (16 oz.) black beans	2 cloves garlic, chopped
1 can (16 oz.) sweet corn	1 teaspoon cumin
1/2 medium purple onion	1 teaspoon chili powder
1/2 cucumber, peeled and diced	1/4 cup cilantro, chopped
4 Roma tomatoes, chopped	Salt, pepper to taste

Drain corn and beans. Toss all ingredients together 30 minutes prior to serving. Serve with tortilla chips.

Sweet Potato Oven Fries*: Peel and cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375 degrees for 20 minutes. Sprinkle with Mrs. Dash® seasoning and lemon juice if desired.

* Requires an oven

Homemade Salsa

1 cup fresh tomatoes, diced
1/2 cup corn fresh or frozen
1/2 cup onion, diced
1 tablespoon chopped jalapeno peppers (optional) or
1/2 cup chopped green or red bell peppers
2 tablespoons fresh lime juice
2 cloves garlic, finely diced
Combine all ingredients, chill and serve.

Guacamole: Peel an avocado and mash with a fork. Mix with 2 teaspoons lemon juice, 2 tablespoons onion flakes, 3 tablespoons crushed tomatoes, and 1 tablespoon plain yogurt. Serve as a dip.

POWER PACKED PROTEIN

Mexicali Bean Dip*

3/4 cup chopped sweet red pepper

3/4 cup chopped green pepper

1 green onion cut in 1/2 inch pieces

2 teaspoons ground coriander

1 can (16 oz.) pinto beans, drained

1 tablespoon cider vinegar

1 - 1/2 teaspoon lime juice

1 teaspoon vegetable oil

1/8 teaspoon ground cumin

Blend sweet red pepper, green pepper, onion and coriander in a blender. Add beans and remaining ingredients: blend until well mixed. Can be served immediately or chilled.

Good with tortilla chips or as a spread in tortilla wraps.

* Requires a food processor or blender

Deviled Eggs: Have an adult hard cook eggs and chill. Peel the cooled, hard cooked eggs. Use a table knife to cut eggs in half. Remove the yellow yolk. In individual bowls have each child mash the yolk with 1/2 teaspoon mustard and 1 teaspoon mayonnaise. Then have the child fill the egg halves with the mashed yolk mixture. Sprinkle with paprika for added color if desired.

Tuna Melts*

1 can (6 oz.) tuna packed in water

1/4 cup light mayonnaise

4 bread slices, toasted

1 cup grated American cheese

Drain tuna. Mix the tuna with the mayonnaise in a bowl. Put the tuna mixture on toasted bread slices and cover with cheese. Have an adult broil the tuna melt until the cheese bubbles and browns lightly. Allow to cool slightly before eating. Makes 4 servings

* Requires toaster and an oven for broiling

Romaine Wrap-n-Rolls

4 large Romaine lettuce leaves (pinch off tough part of each stem)

4 (1 oz.) slices roasted turkey breast

4 (1 oz.) slices Swiss cheese

2 tablespoons light mayonnaise

1/8 teaspoon ground black pepper

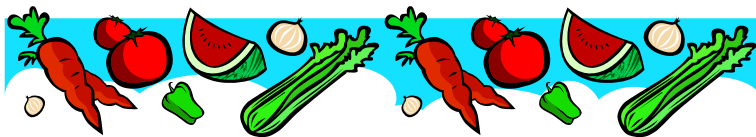
In a small bowl, mix mayonnaise and pepper. Place lettuce leaves on cutting board cupped side up. Use these as your wrappers. Evenly divide the turkey slices onto each leaf.

Using a butter knife spread the mayonnaise mixture onto the turkey. Then, place a slice of Swiss cheese on top. Starting at the root end, roll up the lettuce and turkey into a roll. Can be wrapped tightly in a plastic wrap. Makes a great lunch treat. Makes 4 servings.

Tiny Tacos: Use round tortilla chips as the base. Layer on top: grated cheese, chopped olives and guacamole if desired. An easy and fun snack when you are studying the letter "T".

English Muffin Pizzas*: Toast 3 English muffins, split in half. Spread tomato sauce on muffins. Add a layer of grated cheddar or mozzarella cheese. Can also add olives or a slice of ham if desired. Place pizza on baking sheet. Bake in a 450° oven for 5 minutes or until cheese melts. Serves 6.

*Requires an oven



SNACK ALTERNATIVES TO CRACKERS

Apples with Yogurt Dip: Combine 1/2 cup plain yogurt, 1/4 teaspoon cinnamon and 1/4 teaspoon vanilla extract. Core and slice the apples. Serve apples with the yogurt dip. Offer each child individual portions of dip and apple slices.

Mini Pizza Bagels*: Slice small bagels in half. Spread tomato sauce (1 small can tomato sauce mixed with 1/2 teaspoon Italian seasoning) on the half bagel. Top with grated Mozzarella cheese. Broil until cheese melts.

* Requires an oven to broil

Surprise Muffins*

1 cup whole wheat flour
1 cup quick cooking oats
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 cup brown sugar
1/4 cup oil
1 egg
1 cup milk
1/4 cup jam



Preheat oven to 400 degrees. Mix dry ingredients except brown sugar in bowl. Combine brown sugar, oil, egg and milk until smooth. Add brown sugar mixture to the dry ingredients and mix until moistened. Fill 12 greased muffin cups 1/4 full. Spoon 1 teaspoon jam over batter and fill each cup 3/4 full with remaining batter. Bake 15-20 minutes.

Serves 12.

* Requires an oven

Ants on a Log: Cut cleaned celery stalks into thirds. Spread light cream cheese or peanut butter into the hollow of each celery piece. Add raisins or sunflower seeds to make the “ants”.

Trail Mix

1 cup Wheat Chex® cereal

- 1 cup Corn Chex® cereal
- 3 cups mini pretzels
- 1 cup almonds
- 2 cups sesame sticks
- 1 teaspoon garlic powder

Mix all ingredients together in a large mixing bowl. Store in airtight container. For variety, add different nuts, raisins, pumpkin seeds, sunflower seeds or dried fruit chunks.

Honey and Fruit Popcorn*

- 6 cups popped popcorn
- 1/2 cup raisins
- 1/2 cup chopped dried apricots
- 1/4 cup honey
- 2 teaspoons butter

Preheat oven to 250 degrees. Line a 15x10 inch pan with foil. In a large bowl, combine popcorn, raisins and apricots. In a small saucepan combine honey and butter. Heat until butter melts, stirring constantly. Pour over popcorn mixture and mix well. Spread in prepared pan. Bake for 30 minutes, stirring twice during baking. Remove from pan immediately: Cool completely on sheet of foil or waxed paper. Serves 12.

* Requires an oven



HAPPY EATING!



Adapted from materials developed by
CCHP Nutritionists and Health Educators.

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